

# December: Year in Military Health



In January, we offered tips to create a new you in the new year:

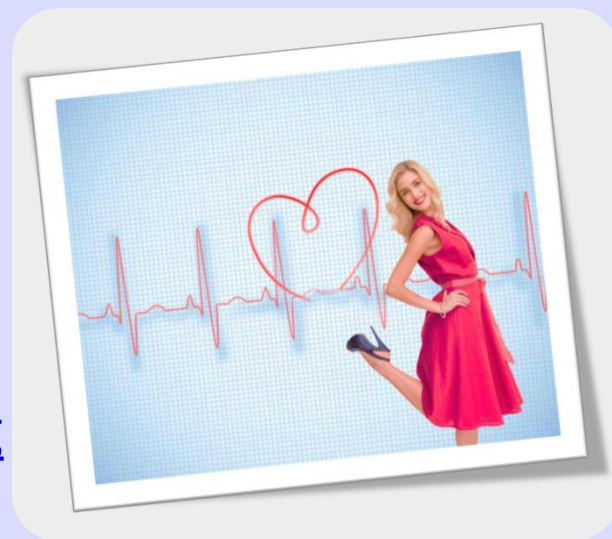
- Set realistic goals
- Be positive
- Be informed about your body – don't guess
- Ask for help when you need it



In February we offered tips on how to fight heart disease:

- Monitor your blood pressure
- Exercise regularly
- Maintain a healthy weight
- Know your cholesterol

[www.tricare.mil/heartscreening](http://www.tricare.mil/heartscreening)



## March's Tips were focused on sleep, nutrition and vision:

- Get at least 8 hours of sleep each night
- See a doctor for continued sleep problems
- Find out how many calories you need
- Eat from each food group
- Have a comprehensive eye exam annually
- Protect your eyes at work and play





In April we celebrated military children and gave you tips to keep them healthy:

- Get prenatal care
- Get well-child exams
- Keep immunizations on track
- Watch for childhood stress
- Ensure good nutrition

[www.tricare.mil/well-child](http://www.tricare.mil/well-child)



In May we encouraged mental wellness through active living to:

- Increase mental clarity
- Provide stress relief
- Relate better to others

[www.tricare.mil/mhcare](http://www.tricare.mil/mhcare)



## June's tips focused on men's health and encouraged men to:

- Stay mentally healthy, seek help if needed
- Reduce your risk of heart disease
- Report digestive problems to your provider
- Watch for signs of prostate problems

[www.tricare.mil/prostate](http://www.tricare.mil/prostate)



# July's tips suggested ways to stay safe in the summer:

- Wear sunscreen
- Wear sunglasses to protect your eyes
- Practice fire safety
- Stay hydrated





In August, we suggested tips to make back to school time stress free:

- Get school physicals
- Get eye and vision screening
- Pack healthy lunches
- Dress kids for the weather



[www.tricare.mil/backtoschool](http://www.tricare.mil/backtoschool)



## September's tips focused on suicide prevention:

- Don't be afraid to ask if a person is considering suicide
- Learn the signs to recognize a person at risk for suicide
- Know that help is available
- Know that suicide is preventable



1-800-273-TALK (8255)  
suicidepreventionlifeline.org



In October, we encouraged all women to make their health a priority:

- See your provider every year
- Know your blood pressure
- Maintain a healthy weight, especially when pregnant
- Exercise regularly

[www.tricare.mil/womenshealth](http://www.tricare.mil/womenshealth)



Each November, we emphasize tobacco cessation and highlight the:

- Benefits of quitting
- Cost savings for those who quit
- Available medication and counseling

A banner for The Great American Smokeout 2015. It features a silhouette of a person smoking a cigarette, with a flame above it and a circular graphic with a grid pattern to the right. The text "November 19, 2015" and "The Great American Smokeout 2015" is displayed on the left side of the banner.

November 19, 2015

**The Great American Smokeout 2015**

[www.tricare.mil/tobacco cessation](http://www.tricare.mil/tobacco cessation)



That's it for this year! Use TRICARE's Tips for Healthy Living to learn more about your health benefit and plan a new year of good health.

The year "2016" in large, 3D orange numerals, with the word "HEALTH" in smaller, 3D grey letters positioned directly beneath it. The entire graphic is set within a white rounded rectangle on a light blue background.

# Need More Information?

TRICARE.mil houses information about the TRICARE benefit. Whether beneficiaries are looking for specific benefit information or tips to live well, it is available online.

The Military Health System's campaign, Operation Live Well, is focused on leading a physically, mentally, socially and spiritually healthy lifestyle throughout the military community, during the holidays and all year long.

[www.tricare.mil/livewell](http://www.tricare.mil/livewell)

[www.health.mil/olw](http://www.health.mil/olw)

